

Belonging

Personal Reflection Form

From the July 2021 Blog with GALEXIS

BELONGING is a basic human need for survival and thriving. It includes a secure relationship and affinity with a place, people, or things that feel natural/true for you, where you are accepted and part of something. It also includes a deep and loving relationship with yourself.

Discover your belonging.

- 1. TO WHOM** do you belong? Family, lineage, culture of birth family, group, even pets.
- 2. WHERE** do you belong? Land/ecosystem, natural world. To the place of lineage/ancestors? Your city, state, nation?
- 3. WITH WHOM** do you belong? A significant other, your tribe, your social network, political party/group, and with those who have a shared purpose with you.

Do you feel you don't belong? That you are unloved, unwanted, unaccepted, unappreciated, separate and excluded/outsider? Lonely? **Are you a rebel** who never stopped rebelling? Do you sit on the outside fringe looking in?

You DO Belong. Otherwise, you would not be here now. You need to feel your sense of belonging to do what you came to do, and more importantly, ***you Belonging to yourself!***

HOW TO BELONG TO YOU.

1. See yourself as a DIVINE LIGHT BEING having a physical body experience.
2. VALUE AND LOVE YOURSELF for being this child of the DIVINE. Imagine that GGA loves you for being its child.

Would you love and value YOUR child? If so, start valuing and loving you. God knows best!

3. AFFIRM THAT YOU ARE ENOUGH! Stop fretting or worrying that you are inadequate at getting enough, being enough, or deserving enough.
4. BUILD your SELF ESTEEM by doing things FOR yourself, taking good care of yourself, nurturing yourself (NOT your ego or inner insecure child) and establishing gentle boundaries so that others cannot dominate you, undermine you, or sap your energy.
5. CONNECT with your PURPOSE and personal DREAMS. Have a sense of where you are going. This is not financial achievement or getting that love relationship, but about BEING and BECOMING more CONSCIOUS. HAVE A FUTURE!
6. BUILD your SELF IMAGE and receive SUPPORT from your GUIDES/SPIRITUAL TEAM
7. GIVE YOURSELF PERMISSION to have FUN!!!!